

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kiera Donnelly
10.	98	Scott North

Run1	00:04:17
SkiErg	00:04:46
Run2	00:04:42
Sled Push	00:02:01
Run3	00:04:55
Sled Pull	00:03:15
Run4	00:04:50
80m Burpee	00:02:40
Run5	00:05:02
1000m Row	00:04:50
Run6	00:05:13
Farmers carry	00:02:10
Run7	00:05:20
Sandbag Lunges	00:03:17
Run8	00:05:12
Wall Balls	00:04:24
Run Total	00:39:34
Total time	01:07:00